



Southwest Michigan

Battle Creek, Kalamazoo, Three Rivers

- Kalamazoo Valley Walkers

Benton Harbor, Coldwater

- Lake Michigan College Community Education Wellness (BH)
- Free Blood Pressure & Glucose Screenings - 1st Weds (Cldwtr)

Grand Rapids

- Kent On the Move
- Continuing Education
- Older Learning Center
- Year-round Walking Program & Cardiovascular Screening

Holland

- Center for Good Health

Newest updates for Southwest Michigan Wellness Events may appear on the Wellness Events web page with direct links to more information.

Battle Creek, Benton Harbor, Coldwater, Grand Rapids, Holland, Kalamazoo, Three Rivers

*Blessed
Holidays!*



Kalamazoo
Kalamazoo Valley Walkers Events
www.kvwalkers.org/

Benton Harbor
Lake Michigan College
Community Education Wellness

www.lakemichigancollege.edu/index.php?option=com_content&task=view&id=709&Itemid=831

Coldwater
Wednesdays - Ongoing
Free blood pressure
and blood sugar screening.
First Wednesday of every month,



Burnside Senior Center,
517-279-6565
Coldwater, MI

www.diabetesinmichigan.org

Muskegon Events
www.visitmuskegon.org/events.cfm

Holland Hospital **Center for Good Health**

To contact the Center for Good Health:

E-mail: CFGH@hoho.org

Call: (616) 394-3344

Mail: The Center for Good Health
3290 North Wellness Drive
Building D, Suite 240
Holland, MI 49424

Check the
Center for Good Health Catalog
for runs, walks, healthy cooking,
stress management, and other
wellness-related classes.
www.hollandhospital.org

www.hollandhospital.org/our%20services/center%20for%20good%20health/Default.asp

<http://www.hollandhospital.org/downloads/cfgh/catalog.pdf>

Grand Rapids area

*Blessed
Holidays!*



Kent County

Kent On the Move

Download the guide filled with 122 resources
for being active and eating healthy in Kent County
www.kentonthemove.org/

Grand Rapids Community College Community Resources

<http://www.grcc.edu/DisplayGroup.cfm?GroupID=21>

Continuing Education and Professional Development

<https://learning.grcc.edu/ec2k/>

Grand Rapids Year Round Event Cardiovascular Screening

Provided by healthcare professionals including
cholesterol, blood pressure, hemoglobin, urine tests, and cancer
prevention counseling. By appointment only!

Sponsor: Catherine's Care Center

Location: 224 Carrier St. N.E., Grand Rapids

Cost: Free to seniors 60+ years

For More Info: Call (616) 454-7900

www.diabetesinmichigan.org

Grand Rapids

Priority Health Conference Center

3111 Leonard NE (just west of East Beltline)

Check for December Healthy Encounters classes at
[www.priorityhealth.com/classesresources/](http://www.priorityhealth.com/classesresources/prevhealth)
prevhealth or call toll-free 888 389-6647.

Grand Rapids Community College Older Learning Center

The Older Learner Center offers adults 45 and older
opportunities for life-long learning and life enrichment, in-
cluding a Computer Club; Senior Health Club, and Health
Education Programming; Life History Club,
Grandparents Raising Grandchildren Educational Support
Group; and Life Learning Network initiative.
www.grcc.edu/ShowPage.cfm?PageID=5331

Grand Rapids Year Round Walking Program Mondays & Thursdays

Seniors but others are also welcome!

Sponsor: Creston Neighborhood Association

Location: Kent Hills Elementary

1445 Emerald NE Grand Rapids, MI

Cost: No charge

For more information call

Dave Mossburger at 616/454-7900

www.diabetesinmichigan.org